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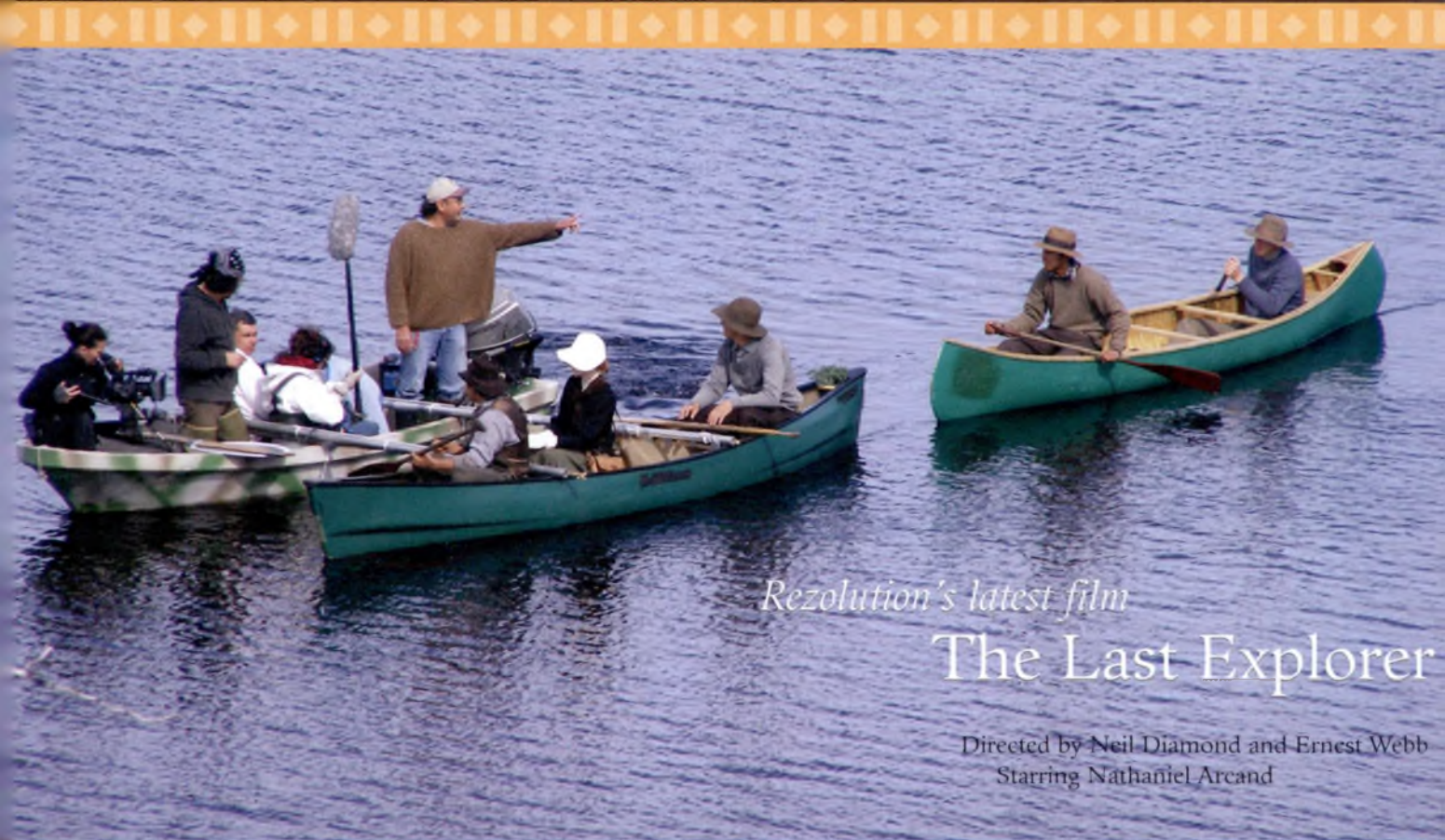
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Who's the "biggest loser" in Chisasibi?

Another look at Barrriere Lake

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Barriere Lake: Out in the Cold

By Will Nicholls

Remember a number of years back when Canada was shocked to learn of the charming Saskatoon tradition called the starlight tours? This practice, you might recall, was favourite of that city's police officers, who would arrest Aboriginal men and drop them off outside city limits. In the middle of winter.

After an Aboriginal teenager froze to death, courtesy of the Saskatoon cops, there was outrage and concern across the country.

A recent film, called *Out in the Cold*, focused on these incidents. When it opened in Saskatoon, the city's Police Chief Clive Weighill was on hand to speak about what happened and the changes made because of it. For example, First Nations and Métis people now make up 11 per cent of the police force. The chief said things are getting better even if they occasionally make mistakes.

This is good news, and Chief Weighill is to be commended. I would be interested to see if there will be changes in other police forces around the country.

I look to positive change like this when I hear of incidents such as the one that occurred at the Algonquin community of Barriere Lake October 6. That's when a Sûreté du Québec riot squad responded to a peaceful and legitimate anti-logging protest, including pregnant women and young children, with a display of police brutality the likes of which we had hoped were part of the past, not our present.

The SQ moved to dismantle a barricade on Highway 117 by shooting a 17-year-old girl in the chest with a tear-gas cannister, then torturing protestors who had locked themselves to heavy barrels.

There were four people arrested from the communities. They included Yvonne Ratt, a 59-year-old Elder, Deborah Jerome, who is five months pregnant, and two minors.

Kayla Jerome, a disabled youth from Barriere Lake, was sent to the hospital. Also treated was Moise Papatie, who was also hit with a tear-gas canister.

The residents of Barriere Lake are among the poorest of Quebec's First Nations. As they aren't beneficiaries under the Indian Act, they receive next to no funding for their community. One would expect more than a peaceful blockade or protest from people who have been ignored and forgotten, but this hasn't been the case.

After years of sending letters, attempts to negotiate and determined protesting, they seem to be no further ahead than they were before. Back in 1991, former Cree Grand Chief Matthew Coon Come tried to help the community, but to no avail. They are still looking at what they will do in the future given the police response.

Obviously, bureaucrats in Quebec City and Ottawa look at Barriere Lake and see budget increases should they do the honourable thing and recognize the band under the Indian Act. That is short-term thinking, as the long-term social costs will be far higher.

But we see who provincial and federal governments are serving. They both are keeping a community in poverty while outside forestry companies ravage traditional lands. No doubt, after the Algonquins' resources are plundered, Ottawa might finally deign to negotiate a land base for the community.

The lack of media presence at this remote protest obviously led to a feeling of immunity on the part of the SQ officers involved in brutally suppressing the protest. Those actions are to be condemned, but we know those officers were only following orders. We need to direct our anger at the politicians who believe they can act with impunity when it involves poor, defenseless and remote First Nations communities.

In the long run, we people will learn from positive examples, such as the developments in Saskatoon, and sit down and finally have meaningful discussions on the problems facing the community of Barriere Lake. Violence is never the answer.

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photo by:
Jake Kent



Scary bedtime stories

By Sonny Orr

As the new millennium approached back in 1999, we still told scary stories to the kids, just to keep them in bed and hopefully not too scared to stay awake all night – but just enough to keep them quiet. Those bedtime stories were based on tales of old.

Some came from ancient bodjigey (bogeyman, not the really scary disco guys) stories where even adults had to make sure that the doors were closed tight enough before telling the kids. Some of those stories were so scary, we had to wait until winter to tell them. Otherwise, spirits would pick up on those telling those tales and come to get them in the middle of the night, if they dared tell them in warmer months. I guess that those spooks hibernated all winter long.

Those stories, from the ones in which a person would mysteriously be transformed into a wolf, would keep us from ever ingesting wolf fur or hairs accidentally, or we would become the fate of the infamous werewolf. Some other stories were about babies crying in the woods, luring the innocent to their terrible deaths from dismemberment.

Some stories told of the big hairy creature commonly known as Sasquatch. Others would be of mermaids from the seas, luring men to their unknown fates as companions of the deep-sea monsters. Another favourite was of the wild gone-feral women of the north with their gnashing teeth and deadly knives, who hungered cannibalistically for the flesh of succulent men.

On another lighter note, rabbits with wings anyone?

The bodjegy is actually slang for the Portuguese, who used to sail up and down the coastlines of the James and

Hudson's Bay, raping and pillaging little settlements and small family camps. These stories gradually became more modernized, with strange encounters with lost surveyors of the late 1950s, when the first research was done in northern Quebec for the massive James Bay project and were under strict orders not to make contact with anybody.

Today, the monsters are more real than ever, and take the shape of humans in almost every instance. Take for example, the many cases of disappearances of young children in the past years, usually abductions from their own back- or front-yards. Now, that is scary.

Another eerie element is the groups of gangs in our own towns, the ones that tend to get you while innocently walking home in the evening and turning you into hamburger meat.

Every day and night it seems that there is another horror story that defies the gravity of our present intentions to become self-sufficient and self-governing, by the wayward actions of our own citizens.

Of course, there are always the drunks who scare everyone with their foolish ranting and ravings, often more than not into some sort of brawl. But lately, those same drunks are now paying for it in fines and social services are now becoming the ones to be afraid of, since they take children away in the middle of the night. But that is becoming more and more normal, which is scary in many ways.

I think I preferred the monsters of old, compared to the real-life horror stories that we now face on many occasions.

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No Resolution

Barriere Lake Algonquins still not fazed by SQ attack

By Amy German

Four arrests and one hospitalization later, the people of Barriere Lake still cannot believe the brutality they faced at the hands of the Sûreté du Québec when their barricade on Highway 117 was violently dismantled October 6.



"We are still going to be making noise," said Michael Thusky, a Barriere Lake spokesperson.

On October 6 at 6:30 am, 75 community members, along with 20 non-Native supporters, set up a barricade on the 117 near Grand-Remous, where the highway joins du Lac Rapide Road in La Vérandrye wildlife reserve. In the crowd, there were 44 children and several Elders from Barriere Lake.

By 4:30 that afternoon, it was all over.

In a move that has since been chastised by chiefs across Canada and various human-rights organizations, SQ riot police descended upon the peaceful protesters and removed them from the barricade with the use of tear gas, veritable torture techniques and other forms of physical aggression.

Most notable were the SQ's use of pain compliance techniques on protestors who had locked themselves into makeshift lock boxes comprised of barrels and PVC tubes. With blankets thrown over their heads, police applied painful pressure to the protestors' skulls to forcibly remove them from the devices.

Two adult women were arrested during the protest – Yvonne Ratt, 59, and Deborah Jerome, 27, who was five months pregnant at the time. The two other arrestees were minors.

After being hit by a tear-gas cannister in the chest, one man was sent to the

hospital for treatment the morning following the barricade dismantling while a 17-year-old handicapped youth was treated in a local clinic for problems related to tear-gas inhalation.

The fact that there were so many children and Elders in the crowd had no bearing on the SQ's tactical choices came as a surprise to Thusky. In the past, Barriere Lake residents have set up other blockades, but they had never before seen such police aggression.

"We didn't expect this brutality from the SQ, tear gassing our community members in front of the children," said



Thusky recalling how what happened at this blockade played out so differently than the community's first back during the Oka Crisis in 1990.

"We blocked the highway during the Oka Crisis for 24 hours and there was no tear gas at all. Then we did blockades on forestry companies and there was no violence. Nobody expected to have this kind of brutality from the SQ," said Thusky.

In the wake of the protest, the people of Barriere Lake are a little worse for wear. The goal of the protest was to try and initiate contact with the federal and provincial governments in the hopes of seeing their 1991 trilateral agreement implemented so that the community could benefit from the natural resource sharing and hook up to Hydro-Québec's grid but the contact is yet to happen. Barriere Lake is still one of the poorest Aboriginal communities in Canada, living in developing-world-like conditions in sub-standard homes powered by a generator.

Though the community has been focused on gathering resources from the

bush for the long winter ahead, the memory of October 6 haunts many community members, particularly the children who Thusky describes as being both frightened and disliking their treatment on that day.



Despite this, according to Thusky, the community is not going to give up. Instead of being disheartened by their experience, many are finding themselves even more determined now. While the hunting and gathering is going down, so are consultations and planning sessions to raise awareness for the cause.

Since the blockade was met by such brutal police action, an Ontario chiefs' organization has taken a stand on behalf of the people of Barriere Lake by sending a letter to Prime Minister Stephen Harper, Quebec Premier Jean Charest, Indian and Northern Affairs Minister Chuck Strahl and Quebec Public Security Minister Jacques P. Dupuis.

The letter itself, signed by Ontario Regional Chief Angus Toulouse, with the Chiefs of Ontario, condemned the SQ for its "approach" in dismantling the barricade. Citing the incident in Ipperwash, Ontario when protestor Dudley George was shot dead by the OPP, the Chiefs' letter served to remind the political leaders of the lessons learned there.

The letter also stated, "Resorting to aggressive police action is clearly regrettable and further does not address the root causes of this situation."

Though there is no clear resolution on its way for the people of Barriere Lake, *the Nation* will continue to follow this story as updates become available.



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FLOATING FLOORS

Vying to be the "biggest loser" in Chisasibi

Inspired by the reality show, Chisasibi's recreation department is hosting its own weight-loss challenge

By Amy German

With diabetes on the rise in the Cree communities along with a whole host of other health complications relating to obesity, Chisasibi's recreation technician Tommy Sam found inspiration from reality TV to help remedy the problem.

For many seasons now, NBC's "The Biggest Loser," has chronicled the extreme weight loss of dozens of its contestants as they compete for cash and prizes by dropping the most pounds possible.

Though the Chisasibi version may not be a TV program -- with fancy matching outfits, challenges that involve destroying fast food or a process of voting individuals out --- its basic goal is the same, to see who can lose the most.

"IT IS EXCELLENT THAT PEOPLE DECIDED TO DO SOMETHING. I THINK WHAT THEY ARE DOING IS GREAT AND IT'S ENCOURAGING THAT THEY ARE KEEPING IT UP."

"The reason we did this was because we wanted to promote healthy living which is the purpose of the project. Some people had come up to me and said that all they needed was for someone to challenge them," said Roy Neacappo, who also works in recreation in Chisasibi.

In its first edition of the community contest, 198 people are participating in 99 separate teams of two. There are three different divisions — a category for men, one for women and a separate category for those over 40.

The contest will run for 12 weeks with participants going to "weigh-ins" every four weeks. Unlike the TV show, however, the contestants' weigh-ins are conducted in private by public-health professionals and are confidential. The contest began on September 15 and ends on December 8.

To help the contestants in their endeavours, the recreation centre enlisted the help of Trevor Monaghan, a certified personal trainer from

Wemindji, to get the contestants moving. Offering orientations at the fitness centre and personalized workouts for the contestants, Monaghan has been thrilled with the results so far. Since the October weigh-in, the contestants are averaging six pounds of weight lost per person.

"I probably did at least 50 orientation sessions so that each person had the chance to get a program and keep track of their weights and sets. I showed them how to use the equipment properly and told them that I would consult with them on a weekly basis and if they had any questions they could email me," said Monaghan.

According to Monaghan, the fitness centre's daily usage has doubled from 15-20 daily users to 35-40 and the fit-

ness centre has broken its monthly goals in terms of memberships. The first five pairs that signed up for the contest received free memberships to the fitness centre as an added incentive.

"I have personal-trainer experience and this is great way to get back into it and work with the community. I am having a really good time as well," said Monaghan.

The actual fitness program that Monaghan designed for the competition consists of 45-minute workouts involving resistance training on workout machines with some free weight training.

"I taught them to do a warm-up with static stretching and gave them an idea about how to do some cardio work or aerobic training. A lot of them learned it to the T. I go in on certain nights and see the same people. They are doing different stuff from the program and are all very eager," said Monaghan.

A nutritionist from the public health department has also been on hand



throughout the contest to help out anyone who wanted nutrition advice.

The grand prize in Chisasibi's weight-loss challenge is a Chisasibi Sports and Recreation Association (CSRA) sponsored, expenses-paid trip for two to the World Junior Hockey Championships in Ottawa, which includes hotel accommodations, gas, the tickets and \$500 spending money.

The CSRA has also been contacting other Cree entities to see if other prizes could be contributed to help keep the contestants motivated.

"The Cree Nation of Chisasibi has been very supportive. The council and the administration are very happy that we are doing this," said Neacappo, and he could not be more correct.

Chisasibi Chief Roderick Pachano was delighted to see this particular idea take off.

"It is excellent that people decided to do something. I think what they are doing is great and it's encouraging that they are keeping it up," said Pachano.

Though the CSRA may not be able to offer the glitz and glamour of the NBC version of the show, the same basic fundamental is there, that getting into shape, healthy eating and fighting obesity is the way to go for a healthier, happier lifestyle... and perhaps the way to go to win some bragging rights.

There will be more to come on the winners and their success stories in the December issues of *the Nation*.

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Caitlin Nickerson, 14

Inuit Teenager Missing

Caitlin Nickerson, 14, went missing on October 20 from her Montreal high school. Nickerson was last seen at James Lyng High School in the southwest sector of Montreal, located at 5440 Notre-Dame West. Nickerson is 1.70 m (5'7"), weighs 63.5 kg (140 lbs), has brown hair and brown eyes, and is Inuit. When last seen she was wearing her high-school uniform consisting of black pants and a burgundy shirt. At the request of her parents and the Montreal police, her photo is now being distributed and police are asking that anyone with information on Nickerson, contact the Sûreté du Québec at their Info-Crime hotline 514-393-1133 or toll-free 1-800-711-1800.

Huron-Wendats Seek Big Bucks in Land Claim Settlement

The Huron-Wendat First Nation is seeking a large sum from both the federal and provincial governments in a claim settlement for a 24,000-sq.-km allotment of land that includes the cities of Trois-Rivières and Quebec City as well as most of the Laurentides Wildlife Reserve and three Quebec provincial parks.

Seeking a retroactive financial settlement that could end up costing both governments a hefty sum, the Huron-Wendat Nation has based its claim on

historical data that points to how it once occupied the land.

Though the amount it is currently seeking is undisclosed, in 2000 the Huron-Wendat Nation received \$12 million for a land-claim settlement over a 2.5-sq.-km territory located outside Quebec City.

Though the Quebec government is reviewing the current claim, an early resolution is not expected.

Economic Downturn Means Tough Times for Aboriginal Kids

With the current global economic downturn, children will be "the hardest hit," said renowned Canadian humanitarian Stephen Lewis, who is the United Nations' special envoy for HIV/AIDS in Africa.

Addressing a crowd of 400 in Vancouver on October 20, Lewis pointed out that one million children in Canada are living below the poverty line.

Lewis said Aboriginal children will suffer the most from the anticipated financial cutbacks by government at all levels.

"HIV and AIDS in Aboriginal communities are at epidemic levels, particularly in northern Canada – it haunts reserves and Vancouver's Downtown Eastside," he said.

Lewis made the address at the inaugural B.C. Champions for Children and Youth Summit.

Truth and Reconciliation Commission at an Impasse

With the resignation of Justice Harry LaForme from the Indian Residential Schools Truth and Reconciliation Commission, internal conflicts have brought the commission to a halt.

The commission released a statement on behalf of commissioners Claudette Dumont-Smith and Jane Brewin Morley saying they are "disap-

pointed and saddened" to hear of LaForme's decision to resign.

The three commissioners were to focus on both reconciliation and listening to victims' stories. However, LaForme resigned October 20 citing an "incurable problem" between himself and his two government-appointed commissioners.

John Phillips, the lawyer for the Assembly of First Nations, and various other parties have spoken out publicly calling the TRC a "time bomb" of flawed communication rigged by the federal government, resulting in commissioners being pitted against each other.

A proposal to get the TRC back on track was presented by lawyers for First Nations groups, the churches that ran the government-funded schools and survivors to federal government lawyers Wednesday, October 30. At press time no details had emerged from the closed-door Toronto meeting.

"Savage"-gate?

Though he has since publicly apologized for the remark, many are still calling for the resignation of Vancouver Olympic Committee board member and McGill University Chancellor Richard Pound over a remark he made regarding Canadian Aboriginals in an August 9 interview with the French-language newspaper, *La Presse*.

The remark was made in regards to the International Olympic Committee's relationship with China. When discussing China's 5000-year-old civilization Pound told *La Presse* in an interview conducted in French, "We must not forget that 400 years ago, Canada was a [pays de sauvages], with scarcely 10,000 inhabitants of European descent."

Ghislain Picard, Chief of the Assembly of First Nations of Quebec and Labrador, immediately denounced Pound for the comment and called for his resignation on October 17 in outrage over the "racist" remark.

On October 22, Pound announced that he would not be resigning from McGill or the IOC as he believes that his comments were simply misinterpreted.



MONITORING SUGAR LEVELS

As the number of Cree suffering from diabetes increases, so does the understanding of the disease

By Amy German

Did you know that there were 1,583 Cree living with diabetes as of July 1, 2007? Or that 100 Cree were diagnosed with diabetes over the past 12 months? That on average, one Cree is diagnosed with diabetes every 3.5 days or that 1 in 5 Cree adults has diabetes?

Though the rates for diabetes amongst the Cree population are three times higher than in the rest of Quebec, for as much as the numbers might come off as alarming there is some comfort to be found in those numbers.

starting to talk about it. Even people with diabetes are more willing to talk about the disease and starting to come out of the denial stage. It is an important step, when people start recognizing that there is a problem," said Awashish.

Though there has been much hullabaloo over the Cree Board of Health and Social Services of James Bay's permanent move from Montreal to Mistissini, in the long run Awashish believes that this could benefit diabetes sufferers as the services the

for both diabetes screening and prevention, at this point Awashish and the rest of the board are seeing the necessity to add a third component to their focus. Due to the rapid onset of diabetes complications amongst the Cree population, "secondary prevention" campaigns will be a new focus for the CBHSSJB, which Awashish described as more of a medical service campaign.

"From the day that the average person in southern Quebec in a non-Native community is diagnosed with

AWASHISH WAS DELIGHTED TO HEAR ABOUT CHISASIBI'S HOMEGROWN AND "BIGGEST LOSER" CONTEST WHERE CONTESTANTS ARE VYING TO SEE WHO CAN LOSE THE MOST WEIGHT FOR A GRAND PRIZE.

According to Solomon Awashish, the Chronic Disease Prevention Officer for CBHSSJB, the numbers have jumped once again due to the rigorous screening campaigns that the board has been conducting. More diagnoses however mean that more people are being treated and being armed with the information that could very well save their lives.

"I think that people are more aware about diabetes. We have done different awareness campaigns and people are

board offers will be closer to the Crees.

"I think that within the Cree Nation we have a great opportunity to be resilient here and I believe we have the resources to do that. We have the people and we have the resources and there is no other First Nation in Canada that has signed so many agreements to assist us and help us heal and become resilient," said Awashish.

Feeling confident about their already omnipresent primary health campaigns

diabetes to when he/she starts showing early complications is about 20 years. For the Cree, it's about five years. We are seeing early signs of kidney damage and eye damage. These are some of the signs that we are really looking at," said Awashish.

New resources are also being developed to spread the word about diabetes and help those suffering from it learn more about how to manage it. At the time of his interview with *the Nation*, Awashish was in the process of working

on a video about diabetes for the Cree population.

"As Crees we are not a very literary society, we are more of an oral and visual kind of people. So we thought that if we wanted to teach people about the treatment and control of diabetes then we should do it in a video format," said Awashish.

Designed as a teaching tool, the hour-long film is geared towards those already living with diabetes and those newly diagnosed. It is intended to be screened in the clinics and the schools within the Cree communities.

"Most of the people we interviewed are living well with their diabetes. They

with their own health-promotion activities," said Awashish, hopeful that even more communities would follow suit.

Awashish is also planning a new health-promotion campaign for Mistissini in the form of a "health challenge" where the name of the game is going to be eating healthier, exercising and laying off the cigarettes.

Since smoking can increase the complications of diabetes due to a diabetic's predisposition to cardiovascular diseases and strokes and some recent studies have pointed out how smoking can increase the risk of diabetes, this will also be a facet of the challenge.

if one day students from Eeyou Istchee could compete in the Quebec provincial meets as it would be a great way to promote healthy living.

"We have to help the youth get healthier. We know that kids who are more physically active and eat healthy perform better academically. Of course that also comes with resting more and living a healthier lifestyle and some are currently doing that," said Awashish.

When it comes to keeping the whole family healthy, Awashish mentioned the health benefits of taking time out to live traditionally. For those who favour the holistic approach to healing, Awashish, along with various other professionals,

"WHAT WE KNOW IS THAT WHEN PEOPLE GO TO THE BUSH OR GO HUNTING THEIR SUGAR LEVELS TEND TO DROP. THIS IS ONE WAY WHERE OUR CULTURE CAN PLAY A BIG PART IN THE TREATMENT OF DIABETES,"

talk about how they deal with it in terms of physical activity, their families and the foods that they eat. The important thing is that it's going to be in Cree with a little bit of English. All of the people in it speak Cree and there are some Elders who talk about the history and the old days," said Awashish.

The video is being both produced and directed by Eastmain's Shirley Cheechoo. Taking post-production time into account, Awashish is looking at a March 2009 launch for this "exciting" new way to reach the Cree people.

Despite this positive news, unfortunately there will be no diabetes conference this month as the CBHSSJB was unable to find a host community for the event. Although the conference may not be happening like it has in previous years, some communities have been making their own strides in terms of keeping their communities healthy.

Awashish was delighted to hear about Chisasibi's homegrown and "Biggest Loser" contest where contestants are vying to see who can lose the most weight for a grand prize. (see page 7)

"We are still trying to convince communities that they have to come up with what is best for their people and a lot of the communities have come through

For those communities that do not have an organized public health challenge on the go, just about every community has the means to organize one or at least engage in some variety of exercise regime as the facilities are there if people are interested in them. Awashish said that there is a campaign underway to see the communities get more use out of resources available in each community.

"Every community has some sort of facility. Every school has a gymnasium that they could be used and some communities have their own facilities. In Mistissini, we have the sports complex which has a gymnasium and an arena as well as a fitness centre where people can go," said Awashish.

In particular, Awashish would like to see Mistissini's track-and-field facilities get a bit more use by the youth as there is a desperate need for them to exercise.

"We did a study of kids in Grades 4-6, and two thirds of them are either overweight or obese and there are more who are obese than overweight," said Awashish.

With the idea of seeing the formation of a regional track-and-field meet in mind, Awashish thinks it would be great

recommends bush life as a remedy for lowering blood sugars.

"What we know is that when people go to the bush or go hunting their sugar levels tend to drop. This is one way where our culture can play a big part in the treatment of diabetes," said Awashish.

At the same time, in terms of research into the disease, the CBHSSJB is participating in a study involving the use of traditional medicine to treat and control sugar levels. The Université de Montréal, McGill University and the University of Ottawa are all contributing to the study along with Montreal's Botanical Gardens.

Whether it is preventing new cases, helping those suffering manage their symptoms or preventing new complications, the war on diabetes rages on. Though the new numbers may be hard to digest, the CBHSSJB's efforts to reduce the damage are working. According to Awashish, up to 50% of people lowered both their cholesterol levels and their blood pressure, dramatically impacting their sugar levels.

"There are other people out there who are starting to learn but at the same time too we have to keep on teaching," said Awashish on a final note.

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Sexual Revolution

The CBHSSJB's Chî kayeh program is geared at teaching healthy sexuality to high school students

By Amy German

Though it may not be apparent to them, high-school students within the Cree School Board are a few steps ahead of the rest of the province when it comes to getting comprehensive healthy sexuality education through the Chî kayeh program.

Developed specifically to address the needs and cultural values of the Cree communities, the Chî kayeh program is a one-of-a-kind, year-round, mandatory two-credit course that is being offered to Grade 9 students in seven out of the nine Cree communities. The other two communities will be adopting the program next year.

"In the beginning we realized that there was no sexual-health education in the schools and we needed something to address sexually transmitted infections, HIV, unplanned pregnancy and other related topics," said Marlene Beaulieu, a school health program officer from the Cree Board of Health and Social Services of James Bay.

Beaulieu, who is also a teacher, co-authored the program along with Françoise Caron, a sexologist who was "on loan" to the CBHSSJB from the Direction de la santé publique de la Montérégie.

In recognizing the need for the program, the CBHSSJB's George Diamond, a program officer in charge of health and safety, put together a team to work closely with the communities to ensure that the project would be reflective of Cree values and address healthy sexuality.

An advisory committee was also formed to consult on the project that consisted of community health representatives, Elders, parents, principals, teachers, youth pastors, doctors, nurses and band-office representatives.

In total, over 100 people were consulted before the program could be written including several students who also answered an anonymous questionnaire on sexual health.

In recognizing the seriousness and the need for the program, school commissioners signed a resolution and agreed to integrate the program as a two-credit course within the school curriculum.

From the consultations it was decided that the program should address not only STIs, HIV and AIDS but Cree values, the consequences and costs related to teen pregnancies for both the youths and their families, peer pressure, what constitutes healthy relationships, substance abuse, fetal alcohol prevention, condom use, sexual violence, postponing sexual involvement, self-assertiveness and self-esteem.

The first pilot projects for the Chî kayeh program began during the 2006-07 school year in Waskaganish and Waswanipi. Unlike any other sex-education program in Quebec, as there is no formalized program within the Ministry of Education at present, the Chî kayeh program actually has both a complete teachers' manual and student handbook.

"There is a fully coloured student workbook that is very user friendly and there is a teachers' guide that includes lesson plans, activities, feedback guidelines and quizzes. There are

also overheads that will become PowerPoint presentations on a disc in the final version," said Beaulieu. The final version of the program will be released later this fall.

Having already taught the program as a pilot project for one year, Waswanipi secondary teacher Pamela Clayton is thrilled with both the program itself and her students' enthusiasm for it.

"It's a very good and relevant program. The students are responding very well. They enjoy it and find it a lot of fun. They are using what I am teaching and relating it to their everyday lives, to the problems and situations they encounter outside of the school," Clayton said.

Clayton also found that the boundless resource materials within the teacher's manual made the course easier to teach.

I SAW THE STUDENTS' BODY LANGUAGE
CHANGE TO A MORE ASSERTIVE STANCE AND
THEIR ACTUAL LANGUAGE ALSO CHANGED,

Otherwise she would have had to develop her own curriculum like the rest of the province's teachers who often struggle with a lot of grey areas when it comes to teaching sexuality.

Within her classroom, Clayton was able to see positive changes with her students.

"I taught assertiveness and it's at the beginning that you need to set the stage to develop a positive self-esteem before they even think about entering into a sexual nature or sexual relationship. During the year I saw the students' body language change to a more assertive stance and their actual language also changed," said Clayton.

Singing the program's praises even further, Cree Public Health's Dr. Robert Carlin is also thrilled with the project as it has the potential one day to lighten the burden on clinics as it targets kids before they are sexually active.

"I think it is a program that could potentially help reduce the high rates of sexually transmitted diseases, particularly Chlamydia and gonorrhea that we see in the region," said Carlin.

Currently the rate of sexually transmitted infections is five to ten times higher within the Cree communities than it is within the rest of the province according to Carlin.

What Carlin also likes about the program is that unlike any other health promotion or prevention campaign or effort, the Chî kayeh program is ongoing as opposed to an ad or radio campaign.

As most Crees already know, the words "chî kayeh" themselves translate to "you too," and that is the program's message, that healthy sexuality, knowing the facts and how to make the right choices is for everyone.

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 Cree Board of Health and Social Services of James Bay

Diabetes. Let's talk about it!

Illustration: Teddy J. Otter

For the sake of our children and schools

I am writing this letter in response to the article in last month's *Nation*, "A Failing Grade" (Vol. 15, Issue 22, Sept. 12). I have been a teacher for the Cree School Board for 29 years. I was hired from Montreal in 1979. I married here and raised my children in Mississauga and my children attended and still attend the school here. I have observed numerous changes over the years in curriculum, administration, the community and the children's attitude towards school. As a teacher I expect to be evaluated yearly, but have only been so once since I started work here.

As usual, we try to point the finger at someone to blame for the situation we find ourselves in. We spend far too much time and energy blaming others instead of using that energy to find a solution.

To say that the problem is the result of how the teachers are teaching the lessons I strongly disagree.

Where are the people who are supposed to check up on these things? I have never had anyone come to my class and watch me teach and I am sure this applies to many others across the board. I, like my colleagues, have followed the binders given for each grade level by the Cree School Board. I have definitely worked as part of a team and the reading levels improved.

A small group of people want something to change and get everything switched around to their liking and so we start again with a different approach before allowing the old way to work. Cree language was introduced in the early grades but

the children were never given an opportunity to make the transition to the second language so it did not succeed. Instead of evaluating it and improving it, it was stopped.

Every child starts school with baggage, things they have learned from their parents, television, friends, books, etc... It is our job as teachers to take that baggage and add to it, making it bigger and stronger. The child who comes to us with little or no baggage will need more help completing the tasks. It is our job as parents to provide our children with as many learning experiences as possible.

When we introduce a new curriculum or try to strengthen the existing one the School Board needs to consult the teachers. They, after all, know first hand what the children need.

As a teacher I was taken aback after reading this article and would like to know where the information came from in order to make a statement like: "We presumed that the teachers were teaching according to what they were supposed to be teaching in effect, according to the review, they weren't." A global statement such as this does nothing to instill confidence or show Board support for the teaching staff. Not a good way to start the school year.

Instead of always dwelling on the negative and the failures let us focus on the successes and there are many. Encourage rather than discourage. I no longer work at the school because of health issues but am trying to return next year. I, and many others that I know, will not give up on our school or our children. Neither should you. Thank you for your time. For the sake of our children and schools.

Judy Campey-MacLeod
Mississauga

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This is the 33rd Anniversary of the Signing of the James Bay and Northern Quebec Agreement And we have a Lot to Celebrate and to Give Thanks For!

The 1975 James Bay and Northern Quebec Agreement (JBNQA) was the People's Agreement. It brought together our Elders, our women, the Cree trappers and the youth at a time of crisis in our society. People recognized that the traditional way of life had to be protected against negative impacts of development. They also knew that development would bring roads and telecommunications and business and employment opportunities for present and future generations of Crees. The JBNQA opened many doors to Cree involvement in: education, health and social services, police and justice services, community development, local and regional governance, social and environmental protection and economic development. The Agreement also opened the possibility of future negotiation on all of these matters and on proposed developments in Eeyou Istchee. The success of the Agreement can be measured in the progress that we have made and in the fact that we are still defining, adjusting and negotiating its terms!

All Crees can feel proud of this accomplishment but we should take the anniversary of the Agreement to acknowledge its signatories: Billy Diamond, Robert Kanatewat, Fred Blackned, Matthew Shanush, Peter Gull, Philip Awashish, Smally Petawabano, Joseph Petagumshkum, Bertie Wapachee, Abel Kitchen, those who participated in the negotiations but were not signatories: Ted Moses, Charles Bobbish, Rod Pachano, Steven Bearskin, legal counsels: Jacques Beaudoin, James O'Reilly, Peter Hutchins, Dianne Soroka, Monique Caron and technical advisors: Alan Penn, John Spence and Harvey Feit.

We thank all of these people and those who have contributed to its implementation since 1975. We have reason to be proud of our accomplishments to date!

1975 – Signature of the JBNQA;
1976 – Creation of the new Community of Waswanipi on its present site;
1977 and 1978 – Ratification by the Quebec National Assembly and by Parliament of the JBNQA
1978 – Fort George Relocation Agreement;
1979 – Sakami Lake Agreement;
1980 – Creation of Nemaska Community on its new site;
1981 – Review of the Implementation of the Federal Obligations in the JBNQA;
1982 – Cree and Inuit rights in the JBNQA protected by the Constitution of Canada;
1984 – Passage by Parliament of the Cree/Naskapi of Quebec Act;
1986 – La Grande II Agreement;
1987 – UN recognition of the Grand Council of the Crees as a consultative status NGO;
1987 – Cree School Board Funding Agreement;
1989-1992 – Creation of Oujé Bougoumou community on its present site;
1989 – 1993 Cree victory over the NBR and GWR Hydroelectric Projects;
1992 – Opemiska Agreement;
1999 – Canada-Cree Agreement on Human Resources Development;
2002 – Quebec-Cree New Relationship Agreement (Nadoshtin and Boumhounan Agreements);
2003 - General Assembly Recognition of Washaw Sibi;
2004 – Hydro-Quebec – Cree New Relationship Agreement;
2005 – Cree Board of Health and Social Services Funding Agreement;
2007 – United Nations passing of the Declaration of the Rights of Indigenous Peoples;
2007- Justice Agreement;
2008 – Canada-Cree New Relationship Agreement;
2008- Specific Agreement for the Elderly.
... among others! Let's keep going!

**Grand Chief
Matthew Mukash**

**Deputy Grand Chief
Ashley Iserhoff**



Hello again to all those who stopped by *the Nation* offices to pick up your free Parc Safari tickets this summer.

See you next year!

Roy Snowboy, Roy Snowboy Jr., Shania Jane Snowboy, Kelsey Snowboy, Krystal Snowboy

Shirley Coonishish, Mathew Swallow, Natiyah Coonishish, Aaliyah Coonishish, Chelsea Coonishish, Katie Coonishish, Jane Swallow

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This Attestation of Collegial Studies (ACS) training is open to both men and women and will be offered in English at the CEGEP of Abitibi-Témiscamingue in Val-d'Or.

The new program is officially registered with the Ministry of Education, Leisure and Sports of Quebec (MELS).

The CEGEP of Abitibi-Témiscamingue is committed to providing support to successful applicants in finding lodging for the duration of the program.

The length of the ACS program is 18 months and the capacity per group is approximately 20 students per program.

The following is the schedule for the 3 groups:

- First group: January 2009 to June 2010 (application period: Oct. 10 to Nov. 30, 2008)
- Second group: June 2009 to January 2011 (application period: March 31 to May 15, 2009)
- Third group: January 2010 to June 2011 (application period: Sept. 29 to Nov. 13, 2009)

Register for the CHR training at the CEGEP Abitibi-Témiscamingue and become an accredited Community Health Representative.

For information or to register for the course please contact:

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This initiative is made possible through collaboration between the CBHSSJB, the CEGEP of Abitibi-Témiscamingue Val-d'Or Campus, the Cree Human Resources Department (CHRD), the Cree Regional Authority (CRA) and Health Canada's Aboriginal Health Human Resources Initiative (AHHRI).



UNDER THE NORTHERN SKY

A Burning Issue

by Xavier Kataquapit

In the past few years, I have been able to spend more time at the cottage where I get to enjoy the use of a wood-burning stove. Starting a fire, gathering logs and splitting wood is a very familiar activity for me. I was raised around wood stoves in my home community of Attawapiskat. When I was growing up in the 1980s and 1990s the only source of heat for our home was a wood-burning stove. Every winter, mom and dad minded the fire day and night.

I have comforting memories of early morning sounds around the fire. As I lay in the dark I could hear my mom or dad rummaging through the wood box. On the edge of sleep I could make out the sound of the creaking of the metal door of the stove, the thumping of a poker stoking the fire and finally the crackling of fresh flames burning a new log. As soon as the steel door shut and the muffled sounds of hot flames burned inside, it was my cue to fall back to sleep knowing that the house would be warm and cozy when I was ready to face my day.

In recent years, I have noticed more and more people in southern towns and even cities switching to wood as a secondary and sometimes even a primary source of heat for their homes. I assume that this trend is a reaction to the rising cost of using oil or gas to heat one's house. I have met many people who have made the switch while at the same time upgraded their home to make it more energy efficient. This means that while the stove heats the home, a better-insulated house will keep the heat longer and allow the homeowner to burn less wood. This is in contrast to my childhood home in Attawapiskat, where four inches of insulation was barely able to keep the minus-40° weather away for any length of time even though the wood stove burned 24 hours a day.

Wood stoves are great in many ways and these days they seem like a good alternative to more expensive heating solutions. However, I don't think people realize how much work is involved in maintaining a wood stove.

A wood stove as a primary heat source for our home in Attawapiskat was a lot of work. It was actually a year-round job. Dad and my older brothers set aside different times of the year to gather logs for firewood. This effort requires a lot of skill and experience not to mention stamina. Harvesting trees is also very dangerous considering that chainsaws must be used and that there are all kinds of situ-

ations that can quickly turn into tragic events far from medical aid.

During the high water levels of spring run-off, we followed the water ways to cut fresh logs up river and then floated them in great rafts or booms down to the community. These logs had to be transported or carried from the shore to our home, where they were sawn, split and then stacked. If the weather permitted, we would head out again in the fall when water levels rose so that we could gather more wood.

Gathering wood was a never-ending task for our family back then. Wood had to be gathered, cut and split months ahead of time to allow it to season and dry. If the logs lay uncut or if they weren't split, then the wood took longer to season and it was harder to chop in the winter time. We did most of the harvesting in the summer because it was easier to do this type of work in warm weather rather than in the middle of minus-40 temperatures and drifts of deep snow.

People here in the south seem to let themselves become lured into heating with wood. For some it turns into a type of addiction. I notice that many wood-burners become obsessive about an urgent need to gather wood for the upcoming winter season. The problem is that at one point they never seem to have enough. They plan several years into the future. They gather wood to allow it to season for the second year. Once last season's is cleared then it is time to plan on filling space for the third year. Some even plan on fourth or fifth seasons just to make sure there is no chance of running out of wood.

Oddly enough, as the south is switching to wood-burning stoves, many people up north are starting to heat their homes with oil and electricity. As the price of gasoline rises, the more it costs to gather firewood with gas-guzzling engines that power trucks, all-terrain vehicles, snowmobiles and tractors. Due to a new hydro line that now services James Bay communities, electricity is more accessible for First Nation people up the coast. If you sat down to calculate what the cost is to harvest wood to burn for the winter and all the time, effort and danger involved then electricity, gas and even oil starts to make sense.

I still really enjoy using a wood stove at the cottage. It is a nostalgic endeavour that makes me feel good. Yet, when it comes to every day, year-round life in town I much prefer turning up the thermostat to warm up the house. I guess you could say I am a recovering wood-burning-holic.

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Maisy Odjick, 16, and Shannon Mathewski Alexander, 17, from Kitigan Zibi Anishnabeg in Maniwaki, Quebec have been missing since Saturday, September 5th 2008. Maisy has brown eyes and short brown hair; she also has 2 piercings on her bottom lip and on her left nostril. If anyone has seen either of these girls please contact our local police @819-449-6000, or Maisy's mom, Laurie Odjick, @ 819-441-3055. Please pass on this information to anyone you may know.

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BIRTHS

We want to congratulate Casey Mianscum and Crystal Capassit on the birth of their beautiful daughter Caylee Emo Hayley C. Mianscum born at 11 pounds 4 ounces on October 7, 2008. From Grandpa Bentley and Nanny Manon. We love you guys and take care of your bundle of joy.

BIRTHDAYS

Birthday wishes going out to Marina Jacob, her birthday was on October 08, and to Verona Jacob on October 28. Happy birthday you gurls! We hope you guys had a blast on your birthdays!! And of course, MANY MORE birthdays to come! From: your friends in Wask.

Avis public

AVIS DE DEMANDES RELATIVES À UN PERMIS OU À UNE LICENCE

Toute personne, société ou association au sens du Code civil peut, dans les **trente jours** de la publication du présent avis, s'opposer à une demande relative au permis ou à la licence ci-après mentionnée en transmettant à la Régie des alcools, des courses et des jeux un écrit sous affirmation solennelle faisant état de ses motifs ou intervenir en faveur de la demande, s'il y a eu opposition, dans les **quarante-cinq jours** de la publication du présent avis.

Cette opposition ou intervention doit être accompagnée d'une preuve attestant de son envoi au demandeur par tout moyen permettant d'établir son expédition et être adressée à la **Régie des alcools, des courses et des jeux, 1, rue Notre-Dame Est, bureau 9.01, Montréal (Québec) H2Y 1B6.**

NOM ET ADRESSE DU DEMANDEUR

Sodexo Québec Limitée
RESTO BAR - PROJET LA SARCELLE
Campement La Sarcelle
Baie-James (Québec)
JOY 3H0

Dossier : 2588-440

NATURE DE LA DEMANDE

1 Bar avec danse et spectacles sans nudité
2 Bars dont 1 sur Terrasse
1 Épicerie

ENDROIT D'EXPLOITATION

Campement La Sarcelle
Baie-James (Québec)
JOY 3H0

Québec

Happy birthday to my Auntie Pantie (Gloria. B. Shecapio) on October 16th and many more to come. Love You!! And I miss you soo much =] From: Brittany Wapachee (Whapmagoostui)

Happy belated birthday to my niece Nevaeh Hope Harmony. It was really nice to see you put out your 1st candle. I love you baby girl...and those sexy eyes...chapweh. many more birthdays to come...much luv to you from your god-mother jess & ira, Kids

A Son brings much happiness; He's a joy from the start; watching as he grows; Reaches deep within your heart. Happy 4th Birthday to my boy Fabio. Love you lots! From daddy Joe

From the time you were a tiny baby, then as a little boy I watched you grow into a very cute and smart boy. You have brought me so much joy. In everything we have gone through, I know that I am blessed. No matter what the circumstances, God sent his very best. When I was praying for a child, God placed down deep in you Everything I longed for, And made all my dreams come true. If God had given me the chance to search the world for a child My search would end when I found you For you are the PERFECT ONE. Happy 4th Birthday Fabio I love you so much... Love always, Mommy Celina

Happy Belated Birthday To One Of My BFFs who I love soo much Ronetta Chiskamish!! Happy Birthday Budday.. Had a blast on ur bday hehe.. Shanny xox

On November 19 2007. God gave us a baby sister to love, we named her Makayla Delilah Meagan Chiskamish. Our sweet adorable baby sister Oh My your growing up so fast, it's not long ago you were so tiny and now your turning One!.. We were so happy when you were born, so full of happiness and love for you. You melt our hearts with your cuteness. Baby girl we love you oh so much. Your our sweet little angel that god gave us to love. We hope you have a wonderful first birthday with our family and friends.. Happy 1st Birthday Baby Sister!! Love Always Shannon, Mark and Alice Chiskamish xoxoxoxoxox

Happy Birthday to my love Dale Herodier who is turning 23 on November 8th. I Love You. Love your girl Krystine.

We want to wish Jenna Ottereyes a Happy Birthday on November 1st. and many more to come. God Bless you, love always Gookum and Joomshum (Harry and Caroline Meskino) Loving a Grandchild Loving a grandchild is like none other. It's not quite the same as being a mother. You love your children, each one is unique, But the love of a grandchild, will

sweep you off your feet. They look up at you, with their cute little grins, touching your heart deep within. They're sweet little angels sent from up above, and they warm your heart with unconditional love.

Happy Birthday Grandpa !! We love you! Love Aaliyah and Spencer! Xoxoxo

Happy Birthday to our dad Johnny Linklater who is celebrating on November 9th. Love your Lindsay, Krystine, Katelyn & Marilyn. We Love & miss you.

I would like to wish my Husband Randy Tomatuk a Happy Birthday on November 1st! I love you,Babe! Enjoy your day! How does breakfast in bed sound? Love your wife, Minnie Tomatuk!

PERSONAL MESSAGES

Hello to my fellow students! My name is Charles Boyce, a residential school survivor of Mush Hole Mohawk Residential school in Brantford, Ont. I have been trying to locate my friends from Quebec that attended the Mush Hole School with me. Myself and others left the school the summer of 1969, that was the last time we saw our friends from Quebec, the Dixons, Ottereyes, Diamonds and Otters. Please if you know anyone that remembers us from Northern Ontario please e-mail c_boyce2006@yahoo.ca Thank you!

PUBLIC SERVICE ANNOUNCEMENTS

Where to get help: bilingual, anonymous, confidential and free phone services, 24 hours a day, 7 days a week.

Kid's Help Phone Line:

1-800-668-6868 (www.kidshelpphone.ca)

Youth helpline:

1-800-263-2266 (www.teljeunes.com)

Parent helpline:

1-800-361-5085 (www.parenthelpline.ca)

Drugs: help and reference:

1-800-265-2626 (www.drogue-aidereference.qc.ca)

Gambling: help and reference: 1-800-265-2626

(www.info-reference.qc.ca)

S.O.S. Conjugal Violence:

1-800-363-9010 (www.sosviolenceconjugale.com)

Health and Sexuality resources

center:

1-888-855-7432 (Monday to Friday, 9 am to 5 pm) (www.criss.org)

Gay Helpline:

1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal:

1-866-403-4688. (www.nwsm.info)

Residential School Survivors:

A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-

CLASSIFIEDS

4419. Other support services and information for survivors is available on the AFN website at: <http://www.afn.ca/residential-schools/resources.html>.

The Indian Arts Research Center (IARC) in Santa Fe, New Mexico seeks Native and First Nations artists to apply for its upcoming fellowships.

The next fellowship is the 2009 Eric and Barbara Dobkin Fellowship for Native Women, a three-month fellowship from March 1-May 31. Other fellowships are for all Native artists and include the Ronald and Susan Dubin Fellowship (June 15-August 15) and Rollin and Mary Ella King Fellowship (September 1-December 1.)

The IARC fellowships were established to support Native American and First Nations artists at the Indian Arts Research Center at the School of Advanced Research in any medium. The fellowships include: a \$3,000 per month stipend, housing, a studio, as well as travel and material allowances.

Applications for the 2009 Dobkin Fellowship must be post-marked by December 1, 2008. Due to a revised application process, all fellowships after the 2009 Dobkin will have a single deadline of January 15, 2009. This includes the 2009 Dubin Fellowship, 2009 King Fellowship, and 2010 Dobkin Fellowship. To download these documents go to www.sarweb.org/iarc/fellowships.htm

For further information please contact Elysia Poon at poon@sarsf.org or 1 (505) 954-7279.

Calling Youth Media Producers age 19 and under! (s'adresse aux jeunes de moins de 19 ans)

The Human Rights Watch International Film Festival in partnership with Adobe Youth Voices seeks youth-produced media works on human rights issues for its second annual YOUTH PRODUCING CHANGE program to screen in our New York, London, Boston and San Francisco film festivals in 2009-10. (Ils recherchent des films, animations etc. ayant pour sujet; les droits humains et doivent être produits par des jeunes. Ça sera présenté dans les festivals de films de New York, London, Boston et San Francisco).

Armed with digital cameras, computers and their own boundless creativity –young people across the globe are bravely exposing human rights issues faced by themselves and their communities. Now in its second year, YOUTH PRODUCING CHANGE provides a platform for youth to share their perspectives with audiences worldwide. (L'organisation mentionnée ci-haut, offre une plateforme aux jeunes qui font face aux problèmes de droits humains dans leur vie ou leur communauté).

We are currently seeking film, video and animated works on human rights issues created by youth ages 19 and younger. Selected films will travel to several film festivals across North America.

For information on how to submit your film or to download our submission form please visit <http://www.hrw.org/iff/2008/submission.html#youth>. The deadline to submit your film December 10, 2008.

Foster Home Sought

Nine-year-old Sarah and seven-year-old Sophie are Cree siblings who are in need of a respite foster home, one weekend a month, i.e. from Friday evening to Sunday evening. The siblings are very close, and play well together. Sarah is affectionate and shows it.

Sarah is very protective of Sophie who is followed very closely by the Montreal Children's Hospital, for a medical condition, which makes it necessary for her to be on a special diet and her fluid intake restricted. Caring for Sophie can be challenging, as she needs to be watched, to ensure she does not drink excessively. Sometimes, she gets up at night and will often drink water since her parents are in bed sleeping. Despite of her medical condition she is remarkably full of life. Also, she is able to receive and show affection.

deally they require a two-parent Cree family; however, a single-parent family would be acceptable. Both Sarah and Sophie like being around other children thus a family with children in the same age group would be well appreciated.

For more information about the siblings, call Batshaw Homes for Children at 514-932-7161, local 1179, and ask for Ms Garnett Forbes.

Halloween Puzzle Solved

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INFLUENZA

**KEEP YOUR ANTI-VIRUS PROTECTION
UP TO DATE.**

The ministère de la Santé et des Services sociaux recommande vaccination against influenza (the flu).

Free vaccination is offered to persons aged 60 years or older, to those suffering from a chronic illness, to children 6 to 23 months, and to those who come into regular contact with these groups.

www.msss.gouv.qc.ca/influenza

Santé
et Services sociaux
Québec



HONDA de Val-d'Or



1720, 3^{re} Avenue, Val-d'Or

Tel: 819-825-7838

Fax: 819-825-8855

Toll free: 1-877-525-7838

Roadside Assistance 1-800-465-7587

Patrick Carboneau, General Manager and Jonathan Vezina, bilingual Sales Representative

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42,246 Km \$17,400.00



stock: 08264A, Jeep Grand Cherokee
Limited 2002, 129,449 Km, \$9,950.00



stock: 08151A, GMC Envoy 2005,
87,489 Km, \$11,800.00



stock 08142A, Honda CR-V EX 2006,
30,689 Km, \$23,500.00

Why not let someone else pay the major part of the depreciation and get a pre-loved vehicle?



stock: 08067A, Chevrolet TrailBlazer
2005, 110,813 Km, \$11,900.00



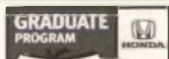
stock: 08032A, Honda Odyssey EX
2006, 68,094 Km, \$24,800.00



stock: 08A30, Honda Pilot EX 2003,
85,224 Km, \$19,950.00

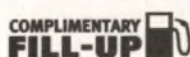


stock : 08A26, Ridgeline EX-L 2006,
66,752 Km, \$26,850.00



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HONDA

the Nation celebrates its 15th Anniversary

One of the first independently owned and operated Aboriginal newspapers in Canada is turning 15 years old!

We are proud to announce that *the Nation* will be celebrating its 15th anniversary on November 21, 2008.



We have witnessed many changes in the last decade and a half, within both our organization and the Cree community at large. Our magazine has continually remained contemporary alongside evolving technology, fashion, culture, politics, government and the environment.

There's no doubt that times are changing. We have been there through it all, the good and the bad, to bring you the news you want and need to know. We have always made it our #1 priority to report the news with the utmost of integrity and objectivity. Feedback

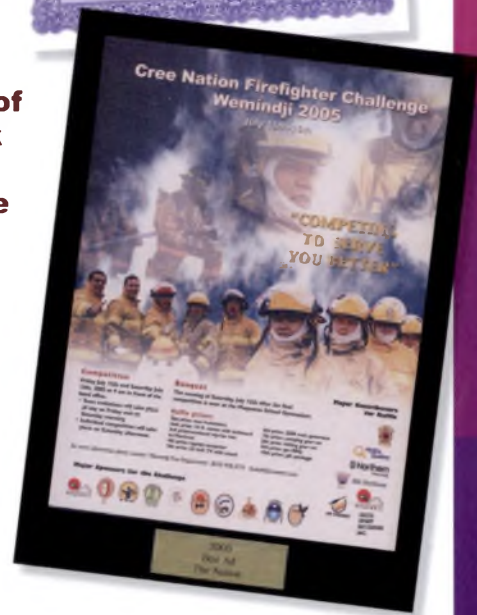
from our readers and multiple community newspaper awards speak for themselves. Moreover, we are just getting started!

We have designed several award-winning ads for our clients. Choose *the Nation* and get the best eye-catching ad for your money!

Would you like to congratulate *the Nation* and be part of the special anniversary issue? We have special rates for this occasion:

15 years = 15% savings on advertising!!!*

**Call Danielle at 514-272-3077
to find out how to save an additional 10%!**



Deadline to book your ad space for the 15th Anniversary Special Issue: Monday, November 10, at 5pm.

***On all contracts signed before Nov 31, 2008**



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